

Fairfax Food Service

October 2020

LK Lunch Menu

****NAE****
Never Antibiotics Ever
****NO HFC****
Ketchup, Syrup, Breads

Thursday, October 1, 2020
NAE Chicken Fajitas, 1/3c
 Shredded Cheddar Cheese, 1/2oz
 Whole Wheat 6" Tortilla, 1ea
 Steamed Green Beans, 1/4c
 Fresh Banana, 1/2ea

Friday, October 2, 2020
****Meatless Baked Ziti****
 WG Pasta, Marinara, 3 Cheese, Soy, 1/2c
 Peas/Carrots/Green Beans/
 Corn/Lima Beans, 1/4c
 Italian Bread, 1sl
 Fresh Cantaloupe, 1sl
TODS & TWOS
 Peas, Carrots, Green Beans/D. Cantaloupe

Monday, October 5, 2020
Beef Meatballs & Gravy, 3ea
 Whole Grain Brown Rice, 1/4c
 Fresh Baby Carrots w/ Ranch, 1/4c
 Pineapple Tidbits, 3/8c
TODS & TWOS
 Sweet Tender Peas/Peaches in Juice

Tuesday, October 6, 2020
Pizza Pasta Bake, 1/2c
 WG Pasta/Marinara/Beef Crumbles
 Chicken&Beef Pepperoni/Tomato Sauce
 Shredded Mozzarella Cheese, 1/2oz
 Steamed Green Beans, 1/4c
 Fresh Banana, 1/2ea

Wednesday, October 7, 2020
NAE WG Chicken Nuggets, 4ea
 No HFC Ketchup
 Caesar Salad w/Romaine, Dressing, 1/4c
 Parmesan Cheese, 1/4oz
 Fresh Orange Wedges, 2ea
TODS & TWOS
 Mandarin Oranges / Green Beans

Thursday, October 8, 2020
Cheeseburger Meatloaf, 1ea
 Wheat Dinner Roll, 1ea
 Sweet Yellow Corn, 1/4c
 Fresh Golden Delicious Apple, 3/8c
TODS & TWOS
 All Natural Applesauce/Carrot Coins

Friday, October 9, 2020
NAE Grilled Chicken Filet, 1ea
 Wheat Hamburger Bun, 1ea
 No HFC Ketchup
 Sweet Tender Peas, 1/4c
 Fresh Honey Dew Melon, 1sl
TODS & TWOS
 Diced Honey Dew

~~**Monday, October 12, 2020**
Chicken Slider on Bun, 1ea
 Fancy Shredded Cheddar Cheese, 1/2oz
 Slider Bun, 1ea
 No HFC Ketchup
 Steamed Green Beans, 1/4c
 Mixed Peaches & Pears in Juice, 3/8c~~

Tuesday, October 13, 2020
GF Chicken Tender Strips, 3ea
 No HFC Ketchup
 Whole Grain Brown Rice, 1/4c
 Fresh Baby Carrots w/ Ranch, 1/4c
 Fresh Red Delicious Apple, 3/8c
TODS & TWOS
 All Natural Applesauce/Carrot Coins

Wednesday, October 14, 2020
Salisbury Steak & Gravy, 1ea
 Savory Mashed Potatoes, 1/4c
 Wheat Dinner Roll, 1ea
 Fresh Cantaloupe, 1sl
TODS & TWOS
 Diced Cantaloupe

Thursday, October 15, 2020
WG Spaghetti w/ Italian Meat Sauce
 Ground Turkey & Beef Crumbles, 1/2c
 Parmesan Cheese, 1/2oz
 Baby Spinach & Ranch, 1/4c
 Fresh Banana, 1/2ea
TODS & TWOS
 Sweet Peas

Friday, October 16, 2020
NAE Boneless Chicken Wing Dings, 3ea
 No HFC Ketchup/Wheat Dinner Roll, 1ea
 Peas/Carrots/Green Beans/
 Corn/Lima Beans, 1/4c
 Fresh Orange Wedges, 2ea
TODS & TWOS
 Mandarin Oranges
 Peas, Carrots, Green Beans

Monday, October 19, 2020
Oven Baked Chicken Patty, 1ea
 Wheat Hamburger Bun, 1ea
 No HFC Ketchup
 Sweet Tender Peas, 1/4c
 All Natural Applesauce, 3/8c

Tuesday, October 20, 2020
Macaroni & Cheese w/ WG, 1/2c
 100% Whole Grain Bread, 1/2sl
 Fresh Carrots & Broccoli, 1/4c
 Creamy Ranch Dip
 Fresh Banana, 1/2ea
TODS & TWOS
 Peas, Carrots, Green Beans

Wednesday, October 21, 2020
Mexican Beef Nacho Fiesta, 1/4c
 Shredded Cheddar Cheese, 1/2oz
 GF Corn Tortilla Chips, 1/4c
 Sweet Yellow Corn, 1/4c
 Fresh Honey Dew Melon, 1sl
TODS & TWOS
 Wheat Dinner Roll/Carrot Coins
 Diced Honey Dew

Thursday, October 22, 2020
Italian Beef Meatball Sub, 3ea
 Sub Roll, 1/2ea
 Shredded Mozzarella Cheese, 1/2oz
 Tossed Salad w/Mixed Greens, 1/4c
 Creamy Ranch Dressing
 Fresh Gala Apple, 3/8c
TODS & TWOS
 All Natural Applesauce/Green Beans

Friday, October 23, 2020
Breakfast for Lunch!!
 WG Buttermilk Pancake w/Syrup, 1ea
 Danimals Vanilla Yogurt (veg), 1ea
 GF Chicken Sausage Patty, 1ea
 Fresh Baby Carrots w/Dip, 1/4c
 Fresh Orange Wedges, 2ea
TODS & TWOS
 Mandarin Oranges / Carrot Coins

Monday, October 26, 2020
Roasted Teriyaki Chicken Strips, 3ea
 Whole Grain Brown Rice, 1/4c
 Fresh Baby Carrots w/ Ranch, 1/4c
 Mixed Peaches & Pears in Juice, 3/8c
TODS & TWOS
 Carrot Coins

Tuesday, October 27, 2020
Lean Beef Hamburger on Bun, 1ea
 Wheat Hamburger Bun, 1ea
 No HFC Ketchup
 Sweet Yellow Corn, 1/4c
 Fresh Red Delicious Apple, 3/8c
TODS & TWOS
 Steamed Green Beans/Applesauce

Wednesday, October 28, 2020
Turkey Corn Dog Nuggets, 4ea
 No HFC Ketchup
 Tossed Salad w/Mixed Greens, 1/4c
 Creamy Ranch Dressing
 Fresh Orange Wedges, 2ea
TODS & TWOS
 Mandarin Oranges / Sweet Peas

Thursday, October 29, 2020
NAE Chicken Fajitas, 1/3c
 Shredded Cheddar Cheese, 1/2oz
 Whole Wheat 6" Tortilla, 1ea
 Steamed Green Beans, 1/4c
 Fresh Banana, 1/2ea

Friday, October 30, 2020
****Meatless Baked Ziti****
 WG Pasta, Marinara, 3 Cheese, Soy, 1/2c
 Peas/Carrots/Green Beans/
 Corn/Lima Beans, 1/4c
 Italian Bread, 1sl
 Fresh Cantaloupe, 1sl
TODS & TWOS
 Peas, Carrots, Green Beans/D. Cantaloupe